

USS *Dwight D. Eisenhower* executive officer, Capt. Shawn R. Tallant talks to *IKE* sailors. The XO recently initiated *IKE*'s alcohol de-glamorization program, which includes a predetermined day of liberty for divisions who have a month free of any alcohol-related incidents.

Photo courtesy USS Dwight D. Eisenhower Photo Lab

Work Hard, Play

By LCdr. Leo Murphy, Naval Safety Center and Lt. Garrett Kasper,
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“Moored, shift colors!”

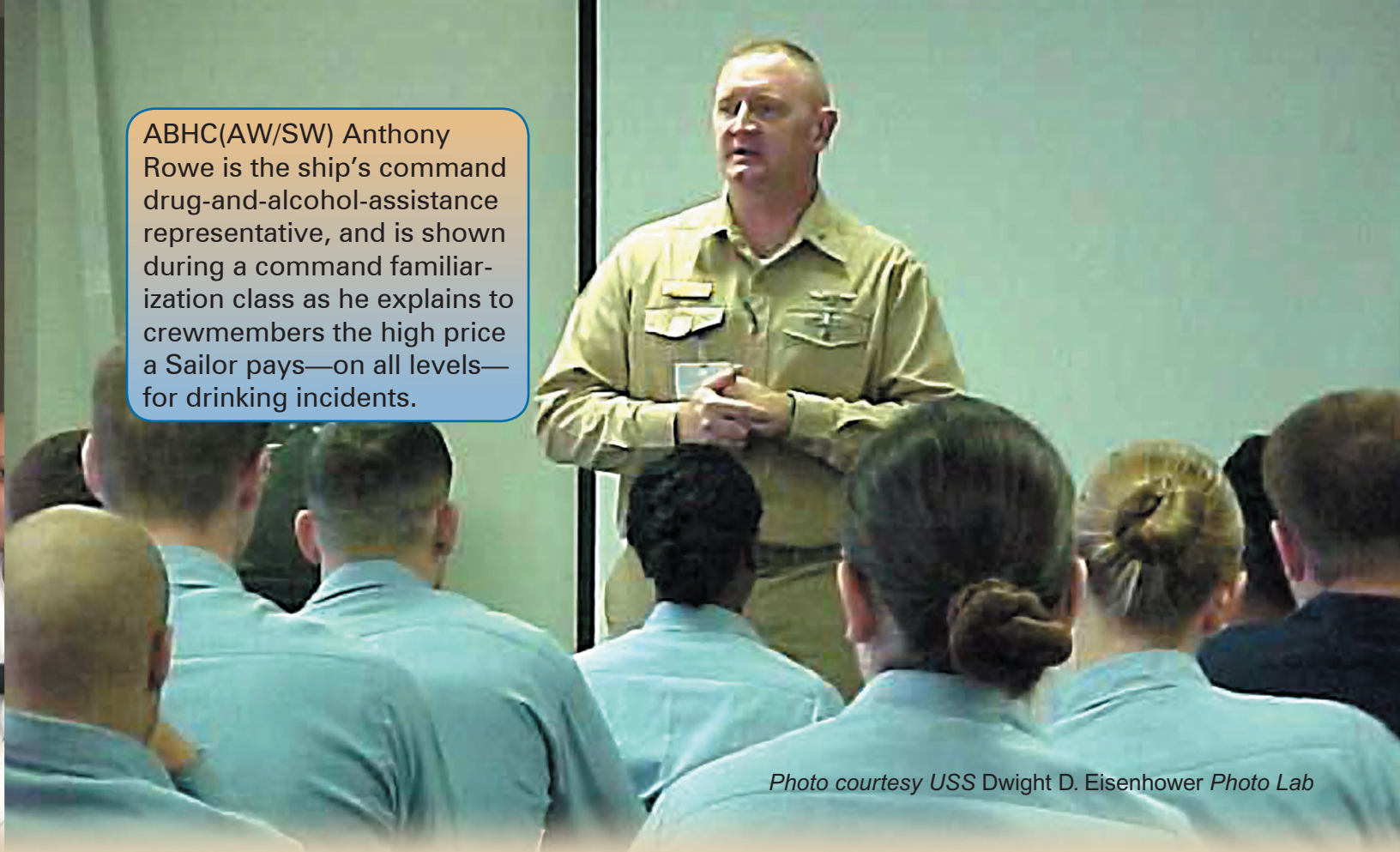
Sailors long to hear these words because they signify a temporary end to long days at sea and separation from loved ones. With those words passed to the crew over the 1MC also comes the realization the current mission has been completed. Once the ship is moored to the pier and the brows are in place, Sailors will stream ashore. Some go to their families, some go home simply to relax, and, for others, being back on land is a call to let the party begin.

“Work hard, play hard!” That’s the old motto. Time to make up for lost time. For too many Sailors, “making up for lost time” includes combining plans for a good time with alcohol consumption. Many Sailors hold the belief they can’t have a good time without alcohol. You can blame that mindset on being young, or you can blame it on American culture. Nonetheless, it’s a belief shared by many.

Sadly, some Sailors find out the hard way about the perils of alcohol when they deal with the serious consequences of their intoxication. Alcohol impairment can result in a less-than-honorable discharge, serious injury, and death, not to mention the possibility of limiting the command’s ability to perform its mission.

Most of us—if not all—have heard about the dangers of drinking. We’ve sat through the holiday lectures and safety stand-downs. Despite training dealing with the dangers of alcohol, some Sailors continue to ignore the messages. They continue the risky behavior that could lead to alcohol-related incidents. USS *Dwight D. Eisenhower* recently initiated a new and innovative alcohol-incident prevention program.

IKE’s XO, Capt. Shawn Tallant, spearheads the program, which de-glamorizes drinking and



ABHC(AW/SW) Anthony Rowe is the ship's command drug-and-alcohol-assistance representative, and is shown during a command familiarization class as he explains to crewmembers the high price a Sailor pays—on all levels—for drinking incidents.

Photo courtesy USS Dwight D. Eisenhower Photo Lab

Hard, Be Smart!

“First and foremost is education,” said Capt. Tallant.

focuses on having liberty without abusing alcohol. The initiative recognizes entire divisions that maintain alcohol incident-free records by rewarding them with pre-selected days of liberty. The program is three-pronged.

“First and foremost is education,” said Capt. Tallant. ABHC(AW/SW) Anthony Rowe, *IKE*'s command drug-and-alcohol-assistance representative, provides mandatory alcohol-aware training to all in-bound *IKE* warriors during the command familiarization and indoctrination classes. He also provides Personal Responsibility and Values Education and Training for all E-4s and below. This training provides the most impressionable Sailors with valuable health, financial and career information about alcohol-related incidents.

“This education explains the high price a Sailor will pay—on all levels—for an alcohol-related

incident. Similarly, the ship held a command quarters last spring, when the CO and I identified the [alcohol] problem, issues, and the command's intent to change a perceived climate of acceptance. Basically, we have taken off the gloves when it comes to alcohol-related incidents,” Capt. Tallant added.

The second prong is *IKE*'s home-grown Alcohol De-glamorization Day program. The program divides crew members into groups organized by division. If a group has 30 consecutive, alcohol-incident-free days, it is rewarded with a scheduled day off; however, if even one member of the group has an alcohol-related incident, the group loses the day off, and the 30-day counter begins again.

Capt. Tallant explained, “The simple message we are sending is, ‘The divisional team is either part of the problem, *or the solution.*’ Whether you

are a friend or a shipmate of the incident Sailor, or a petty officer in the chain of command, you are involved.”

Taking full advantage of this challenge, groups with 60 and 90 consecutive alcohol-incident-free days are rewarded with an additional two or three days off, respectively.

“We wanted to organize the groups by work-center, so people will be teamed with shipmates they see on a regular basis,” said Chief Rowe. “We want to make this an issue of friendly peer pressure. Rather than leaving for the day and not caring what their shipmates are doing with their off-duty time, we want them to say, ‘Hey, rather than going out to drink tonight, why don’t you come with me, and we’ll find something else to do?’ That’s what this is all about—Sailors helping Sailors.”

Providing Sailors with options to drinking alco-

hol on liberty is the third prong of the carrier’s alcohol de-glamorization program. A resource team was established to offer Sailors alternatives to drinking.

“This is an unselfish group of professionals who provide leadership and guidance for our Sailors on educational issues, recreational activities, volunteer opportunities, and community-relations activities,” said Chief Rowe. “These opportunities are published weekly in Ike’s *Resource Team Magazine*, allowing for hundreds of positive opportunities, rather than drinking to excess.” The program recommends activities to counter the mindset of having to drink to have fun.

“I’d rather see you and talk about what you have accomplished in the past year—like having received your degree or having added another chevron to your uniform,” Chief Rowe added. “I

A USS *Dwight D. Eisenhower* crew member directs an E-2C Hawkeye into position for launch as other flight-deck crew members make last-minute safety checks. The ship recently entered the Newport News shipyard for overhaul.



Photo courtesy USS *Dwight D. Eisenhower* Photo Lab

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IKE Sailors stand proudly at parade rest under the ship's screws in a Newport News Shipbuilding drydock, where the nuclear aircraft carrier is undergoing an overhaul.

don't want to see you in my office because you have not used your free time to the best of your ability, and instead are having to deal with an alcohol-related problem."

Does the program really work?

"This is a success story! Statistically, the facts speak for themselves," said *IKE*'s XO. "Since this incentive program began in June, the number of alcohol-related incidents on the ship has decreased 69 percent (between June and August of 2001), compared to the first six months of 2001. But, more important is the crew's new awareness to this real-life issue and their positive response. Today's enlisted Sailor is intelligent and quick to identify the right way to overcome obstacles. *IKE* Sailors have done just that with alcohol-related incidents.

"We aren't just containing this issue. *IKE* has launched a full-bore attack against it, and *IKE* Sailors are winning the battle over such preventable and costly mistakes, thereby staying alive and safe," the XO concluded.

The program is about Sailors helping Sailors, having fun without abusing alcohol: The program does not tell you not to drink, rather—if you are over 21 years of age—to drink responsibly. The antiquated motto of "Work Hard, Play Hard" is out.

Instead, *IKE* Sailors have a new motto, "Work Hard, Play Hard, Be Smart!" 🍷

Some alcohol facts . . . about standard-sized drinks

- A 12-ounce can of beer with four percent alcohol equals 0.48 ounces of pure ethanol.
- A four-ounce glass of wine with 12 percent alcohol equals 0.48 ounces of pure ethanol.
- A shot (one-and-a-quarter ounces) of 80-proof whiskey at 40 percent alcohol equals 0.50 ounces of pure ethanol. 🍷